



HEALTH PROMOTION NAVAL RESERVE

<http://www-nehc.med.navy.mil/hp/reserve/index.htm>

Community Treasurechest



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One component of a Health Promotion program is to provide its clients with information on resources available to them in their community. This is especially important to the Reserve Component. Community resources offer an abundance of programs that can often meet special needs of an individual or family in a professional, confidential manner. While we cannot provide information on a community-by-community basis, we can help guide you through the process by answering some simple questions.

1. Do you know the phone number of your local Public Health Department?
2. Do you know what services they provide and who is eligible to receive these services?
3. Do you know the phone number of your local Parks and Recreation Department?
4. Do you know what programs are available for your participation?
5. Do you know the phone number of the local Social Services?
6. Do you know what services the local Social Services provides?
7. Do you know the phone number of the local Community Services Board?
8. Do you know what services are provided by the local Community Services Board

and who is eligible to receive these services?

9. Do you know the phone number of Early Intervention Services?
10. Do you know what services EIS provides?
11. Do you know the phone number of your local library? Does the library have a Family Center and Internet availability?

After finding the phone numbers for services in your area, complete the following chart as a quick reference guide. Keep it by your phone for easy access.

COMMUNITY SERVICE AGENCY PHONE NUMBER

Public Health Department
Address:
Phone number:

Parks & Recreation Department
Address:
Phone number:

Social Services
Address:
Phone Number:

Community Services Board
Address:
Phone Number:

Early Intervention Services
Address:
Phone Number:

Public Library
Address:
Phone Number:

Training Opportunities...

Health Promotion Basics Course

The Health Promotion Basics Course is a two-day course for individuals at Navy commands who have been given responsibility for planning, implementing, and evaluating an effective command Health Promotion Program. While there is no rank or GS pay grade requirement, the target audience is the E-5 through E-8 enlisted, or lower ranked officers (O-1 through O-3) who are either not eligible or are unable to attend the Health Promotion Director Certification Course. Attendance at this course fulfills the training requirement for the Force Commander Annual Health Promotion Unit Award ("Green H").

The Course is offered at many locations Navywide by instructors trained to offer the course in their respective areas. Courses that are currently scheduled are listed below.

<u>Dates</u>	<u>Location</u>	<u>Point of Contact</u>	<u>Phone Number</u>
6-7 Sept.	Norfolk FTC	Priscilla Freeman	(757) 445-0862 DSN: 565
6-7 Sept.	Mayport CNET VTT	Herbert Duggins	(904) 270-5061 DSN: 960
10-11 Sept.	Yokosuka, Japan	Robert Sloan	011-81-311-743-2615 DSN: 243-2615
17-18 Sept.	Pearl Harbor	LCDR Debbie DeLeo	(808) 472-8555
7-8 Nov.	Ingleside FTC	Don Larson	(361) 776-4709 DSN: 776
6-7 Dec	Norfolk FTC	Priscilla Freeman	(757) 445-0862 DSN: 565
6-7 Dec.	Pascagoula CNET VTT	IT2 Mary Quinoes	(228) 761-2380 DSN: 358

Health Promotion Director Course

November 5-9, 2001 Snug Harbor Officers Club, NAB Little Creek, Virginia. This is the recommended training for Health Promotion Coordinators who oversee large areas of responsibility, such as REDCOM or RESCEN level programs. Two quotas per course are designated for Reserve Component members.

Go to <http://www-nehc.med.navy.mil/hp/tc/course/8nhpconf.htm>. Download BUMED Message R121416ZJan 01 which contains information on how to apply for the course.

42nd Navy Occupational Health and Preventive Medicine Conference 14-22 March 2002 in Chesapeake, Virginia. Sponsored by NEHC, more information will be available online soon at: <http://www-nehc.med.navy.mil>.



TRICARE Dental Insurance

The new Tricare Dental Program (TDP) began on February 1, 2001 and is run by United Concordia Companies, INC. Individuals eligible are family members of active duty and members of the Selected Reserve and Individual Ready Reserve and their respective family members. The member may select from one of two programs. One is a premium sharing plan where the enrollee pays 40% of the premium and the government pays 60% or the full premium plan where the government does not share in the premium payments. Enrollment can

be completed by mail, phone, or online. DEERS information should be current. More information can be found at the United Concordia website at: <http://www.ucci.com/tdp/tdp.html> or by calling 1-800-866-8499.



Clinical Practice Guidelines

DoD and the Veterans Administration are developing a series of Clinical Practice Guidelines for primary care providers. "Toolkits" will be available to support the implementation of each guideline. Each toolkit is composed of the specific clinical practice guideline, guideline metrics, an implementation manual, and provider and patient support materials. The Tobacco Use Cessation (TUC) Guideline for Primary Care Providers is scheduled for release in September 2001. There will be a DoD satellite broadcast on September 19, 2001 for all members of the primary healthcare team (medi-

cal and dental) to orient them on this clinical practice guideline and the materials contained in the TUC Kit. Further information may be viewed at the following websites.

For satellite training information: <http://www.swankhealth.com/tobacco.html>

For clinical practice guidelines: <http://www.cs.amedd.army.mil/qmo/pguide.htm>

Health Promotion Contacts AT NAVAL Reserve Readiness Command (REDCOM) Regions...

REDCOM NORTHEAST

CAPT(sel) SUE SKINNER, NC,
USNR

(716) 688-4676

e-mail: gskinner@erols.com

HMC BYRON (401) 841-3866

e-mail: byron@cnrf.nola.navy.mil

REDCOM MID-ATLANTIC

CAPT MARGARET DOWNEY,
NC, USNR

(202) 433-6276 DSN 288

email: MEDOWNEY@us.med.navy.mil

YNC CLARENCE McCALLUM

(202) 433-6276 DSN 288

e-mail: mccalluc@cnrf.nola.navy.mil

REDCOM SOUTHEAST

CDR SANDRA LANE, NC, USNR
(850) 245-4444, ext. 2236

e-mail: Sandra_Lane@doh.state.fl.us

REDCOM MID-SOUTH

HMC CHARLES FREEMAN
(901) 874-7029 DSN 882

e-mail: free@cnrf.nola.navy.mil

REDCOM NORTH WEST

HMC DANIEL ALLEN

DSN 727-3875 e-mail:

allendan@cnrf.nola.navy.mil

REDCOM NORTH CENTRAL

CAPT DONNA KREFT, NC,
USNR

1-800-362-2793, ext. 2511

e-mail: dkreft@frontiernet.net

or kreft@triton.iccc.cc.ia.us

REDCOM SOUTHWEST

HMC DAVID GRUBB

(619) 532-1868 DSN 522

e-mail: grubb@cnrf.nola.navy.mil

REDCOM SOUTH

HMCS KATHIE LOWERY
(817) 782-6657 DSN 739

e-mail:

loweryk@cnrf.nola.navy

HMC Molina (817) 782-
6739

e-mail:

Molina@cnrf.nola.navy.mil

REDCOM MIDWEST

CAPT JOHN
OUDSHOORN, NC,
USNR

(616) 975-8468 or

(847) 688-4718

e-mail:

oudshoor@macatawa.org

Force Health (MED 72) Website

The Force Health and Medical Readiness Division (Med 72) is a reorganized division at BUMED Code 07 Reserve Force Integration. Their website can be accessed at: https://bumed.med.navy.mil/med07/MED72_page.htm

This website is devoted to information regarding Reserve Force Medical Readiness, Immunizations and Health Promotion. This site will provide useful links to up to date messages and sites of importance to reservists. Visit this site often for updates.

Resources You Should Know About....

FRIDAY FACTS is...

a one-page weekly newsletter focusing on Navy HP news and various health education topics. It comes out weekly (on Fridays!) in text format to your email or a colorful, graphics version in pdf can be downloaded and printed out. Subscribe to this publication by visiting <http://www-nehc.med.navy.mil/hp> Click on FRIDAY FACTS.

THE ALL HANDS SUICIDE PREVENTION FACILITATOR TRAINING KIT is ...

designed for a DON audience, Navy and Marine Corps active duty, reservists and civilians. Each Reserve Center should have a copy of the program kit which includes a manual, overheads and a video. To order go to DEFENSE VISUAL INFORMATION website: <http://afishp6.afis.osd.mil/dodimagery/davis/> Type in Suicide Prevention, order PIN# 806377, Suicide Prevention Taking Action Saving Lives, May 2000. (All but the video may be downloaded from the HP Suicide Prevention Home Page.

NAVY PHYSICAL FITNESS TRAINING KIT is...

a Technical Training Manual addressing the 3 primary components of physical fitness: Aerobic, Muscular, Flexibility/ Injury Prevention. Go to <http://www-nehc.med.navy.mil/hp> Click on FITNESS, then click on USN PHYSICAL FITNESS TRAINING KIT. Follow instructions for ordering.

STARTER KIT is.... a CD-ROM or manual containing many materials and resources needed to start a command Health Promotion program. Order by completing the form on the web page. Go to <http://www-nehc.med.navy.mil/hp> Click on RESOURCES & TOOLS, then STARTER KIT. Fax to NEHC Health Promotion, Attn: Vickie Durbin, FAX # 757-444-3672

NATIONAL HEALTH OBSERVANCES are... days, weeks and months devoted to particular health issues and concerns. Two web sites that offer this info are: <http://www.health.gov/nhic/pubs/nho.htm> or <http://www.nationalwellness.org/nwa> and click on PREVIEW NWA PUBLICATIONS.

FIVE A DAY THE NAVY WAY VIDEO is...

a video that promotes the benefits of consuming 5 or more fruits and vegetables daily as a part of a healthy diet. Request the FIVE A DAY video #C-073 (eight minutes) or the FIVE A DAY THE EASY WAY video #C-142 (fifteen minutes) by e-mail to the Naval School of Health Sciences at rfreeman@nsh10.med.navy.mil or

US ARMY HOOAH 4 HEALTH is...

the US ARMY Health Promotion and Wellness Reserve web site. Specifically designed to address the protection and readiness of the ARMY, especially its Reserve Component. Go to <http://www.hooah4health.com/default.htm>.

SHARP NEWS (Sexual Health and Responsibility Program) is...

up-to-date information on sexually transmitted diseases and issues related to sexual health. Visit the SHARP Home Page (part of NEHC HP page) at <http://www-nehc.med.navy.mil/hp/sharp> You can subscribe or download previous newsletters or subscribe by clicking on SHARP NEWS. SHARP also has 2 self-study training opportunities: HIV Policy and HIV Facts and 1 resident course: STD-HIV Counseling. CME credits will be available for the self-study courses this spring and are awarded now for the resident course. For more information see the SHARP website.